

Special points of interest:

- Photos of all events

Inside this issue:

Virginians with Disabilities Act (VDA)	4
May Officer of the Month	
Hull's Drive-In	
Observatory Trip	6
Health Fair	
Student Parking	
June 6th Life Skills Graduation	8
June 7th SGA Yard Sale	
Live Concert w/ Wade Sampson	
Reverse Gender Beauty Pageant	11
Lake Cookout/ Committee Fair	
IRS Tax Results	
July SGA Calendar	14
July Activities Calendar	15
New Snack Bar Hours	16
Wheelchair Wash	
Star Trail Grand Opening	
Staff Olympics	20
Heat Exhaustion	
Sun Burn	
Top 5 Things to Consider When Looking for a job	22
Now that you have a job, how do you keep it?	
Executive Directive 8- Annual Report	
1943: WWII casualties bring Army hospital to Fishersville	23
Venomous Snakes at WWRC	24
Interview Do's	25
Interview Don'ts	
June Graduation Prom	26
June officer of the Month	
Big Virus coming	
Submit to the Newsletter	28
Remodeling	
Parking at WWRC	

Hawk's View Newsletter



Volume 2, Issue 4

July 2008

June Graduation **Congratulations To All!**

As the students' programs are ending, graduation is always around the corner. Sixty three students graduated on June 27th this year.

At each graduation we have a speaker who encourages the students to keep working hard at their goals. For this graduation the guest speaker was Rick Sizemore.

Each student has the chance throughout his or her program to win four different types of awards. These awards show that the students have leadership, commitment, personal growth, and excellence in academic or vocational skills.

Each graduate will leave WWRC with new goals and a better perspective of their lives.

Photos on Page 2.



2008 June Graduates

Auto Mechanics

Matthew Bonnes
Brian Eubank
David White Jr.
Alan Lopez

Building Trades

Kelvin Battle
Nathaniel Bowen
Bobby Butts
Jason Hillard
Richard Newberry
Brian Reid
Aaron White
Kevin Williams Jr.
Gregory Velasquez
Jermaine Wilson

BIT

Kourtnee Adkins
Jeremy Grisson
Philip Lindensmith
Barbara Loescher
Ashley Roberts
Eric Spitzer
Laura Swift
Sara Yu

Drafting

Darrell Willis

External Training Options

Brian Ailstock
Steven Breeden
Christopher Chavez
Tracy Gary
Julia Gibbs
Charsley Giles
Keith Lloyd
Tomondale Mundrey
Daytona Newman
Janet Randall
Mariluz Ramey
Arthur Sanford
Cathelen Saunders
Karlessa Voliton
Kyle Warren

Health

Occupations
Tamasia Houchens
William Jackson III
Sarah Knowles

Tiffany Turner
Larry Wright

Food Service

Ollie Bennett III
Laurence Exantus
John McKenzie
Darius Morris
Jasper Morris
Jamel Neal
Tia Scholten
Christopher Walker

Materials Management

Jamie Bondurant
Amber Britton
Johnnie Brown
Monica Goodwin
Clarence Jones
Damien King
Janaka Manobah
Richard Plunkett Jr.
Jennifer Sampson
Tanner Showalter
Kathryn Spivey
Teresa Wright

50's Night

On June 4th the snack bar chose to have a dance. The music was in the 50's and well chosen. Food was served to all the students. Everyone had a great time dancing the night away. There were contests that challenged students in order to receive snack bar tokens.

The first contest was a hula hoop contest. The rule was whoever could keep the

hula hoop up the longest would win. Some of the students were struggling to keep the hula hoop up.



The Next contest was the limbo. As students lined up, the music began to play. Once

around and then the pole went lower. Most students made it through to a certain point. Then there were three left. Each of them received a prize.

The final contest was a dancing contest to the Twist. Whoever twisted the best won.

Thanks for the extraordinary time at the dance!

Photos on Page 3



Graduation Photos





50's Night Photos





Virginians with Disabilities Act (VDA)

In the 1980's, sixty-four disability organizations formed a coalition known as INVEST to accomplish passage of the Virginians with Disabilities Act (VDA). This civil rights legislation declared the state's commitment to support and encourage persons with disabilities to participate fully in the social and economic life. It preceded the federal Americans with Disabilities Act (ADA) by five years, and is considered to be the model for the federal legislation that created the ADA.

Signed in 1985 by former Gov. Charles S. Robb, the law was a landmark in the protection against discrimination in employment, housing, education, voting transportation and access to public accommodations.

Today, the Virginians With Disabilities Act protects nearly one million state residents.

The act declared "it is the policy of this Commonwealth to encourage and enable persons with disabilities to participate fully and equally in the social and economic life of

the Commonwealth and to engage in remunerative employment". The Act protected Virginians with disabilities from discrimination under any state program or activity, by employers in hiring and promotion, by educational institutions receiving state funds, in the use of public places and in places of public accommodation, in housing, and in the exercise of the right to vote.

These agencies were required to issue an annual update of budgetary commitment to serving Virginians with disabilities.

Additional Information
See the General Assembly's Legislative Information System website at:

<http://leg1.state.va.us/000/src.htm>

Source:

<http://www.vadrs.org/business/BusinessMatters/Summer2005.htm>

Virginia State Senate Joint Resolution No. 372, Offered January 12, 2005, Commemorating the 20th anniversary of the Virginians with Disabilities Act, available at:

<http://leg1.state.va.us/cgi-bin/legp504.exe?051+ful+SJ372>

Officer of the Month for May

On June 2nd staff and students received an email about the Officer of the month.

"The WWRC Police Department is happy to announce that Officer Penny Deavers was selected as the Officer of the Month for May. Congratulations Penny!"



"We want to remind staff and clients they are not only invited, but also encouraged to nominate a patrol officer for this Monthly Award."

"Thanks!
Linda Weekley
WWRC Police
Department"

Source: WWRC email

Congratulations Penny Deavers!!!!!!!

**Penny Deavers
has been selected
as the Officer of
the Month for
May.**

**Congratulations
Penny!**

Hull's Drive In

There was a trip to the Hull's Drive In Movies on June 6th. The group left around 6:15 to get a good spot in the back. During this event the students got ready to watch two movies. The first movie is always for the kids. Then the next is for anyone else. The admission to go to this Drive In was only five dollars per person. The movies don't start until it gets dark.



The building in the lower right hand corner is the snack bar. Students chose to get some snacks before the show. Hull's Drive-In also sold t-shirts and glow sticks.

Announcements are made when there is a birthday. In order to celebrate birthdays it is a tradition for all the cars to honk their horns. Many birthdays were celebrated that night.

The speakers for the sound are on a stool. All drivers also have the choice to tune in on a special radio station to listen from the car. As for us we had to lay the speakers on the ground.

Each weekend two newer movies are shown. As for that night the movies that played were, Iron Man, and Drill Bit Taylor.

Photos on Page5





Hull's Drive In Photos





Observatory Trip

On June 9th the Recreation Staff decided to have a trip to an observatory located in Charlottesville. The students were able to go into the observatory and look through the large telescope.

They were able to look at three different objects. The first object they got to see

was the moon. They were able to see two parts of the moon. The next object was Saturn. It was very small but visible enough to see the rings. The final object they were able to see was Mars. Mars was very small and hard to see.

Outside of the observatory two other

gentlemen had set up their own telescopes. We were able to see some star clusters.

Numerous questions were asked as well as answered. This was a great experience for all the students.

“Out side there was a germ table and everyone who went there got germs all over them (glitter).”

Health Fair

On June 5th there were many tables set up for the Health Fair in the training lobby. There were many different types of presentation boards with interesting information.

Most of the tables were located on the inside of the training lobby. Some of them included facts about what is bad about piercing your tongue Another board showed the best way to brush your teeth. There was a table

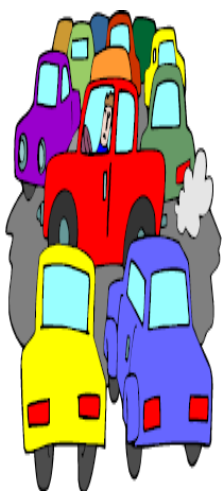
where students were able to get their face checked for any sun damage. They had to sit inside a machine. The table next to that told you what your blood sugar was.

Outside there was a germ table and everyone who went there got germs (glitter) all over their hands . One table checked students' body mass to see if they were fit. There was also a table for blood pressure.

During this event each student could pick up any information that they felt they needed. They also had a sheet of paper they needed to get holes punched after visiting each station. That piece of paper was their ticket to win a prize.

Many students won prizes that day. The next day an email was sent out with the winners' names and what their prizes were going to be.

Photos on Page 7



Student Parking

If you are a student who is interested in bringing your car up to WWRC, you need to go to the security office. This office is located in Barnett Hall on the boys side. The office is on the first floor three suites down. The door will be locked so you will need to ring the door bell that is on the wall.

You will need to bring a few things along with you. The first thing you will need in order to get a parking spot is

your **WWRC ID tag**. You will need to have your **license**. Also another thing you will need to have with you is your **car registration**. The final item you will have to have is **proof of insurance on your car**.

The security officer will give you a sticker with a number on it. Put it on the back left bumper of your car. This sticker will be proof that you have gone through the process and are allowed to have your

car on school grounds.

Some of the rules about having your parking spot include:

- No Loitering
- No loud Music
- Do not let anyone else drive your car

The best place for students to park is located in the parking lot near the Chapel. This parking lot is used by most students and is near Carter-Ashley Dorms.



Health Fair Photos





Life Skills Graduation

- **Opening Remarks**
 - **Roy Nelson**
- **Guest Speaker**
 - **Jane Walsh**
- Denise Lenoire
- Britney Thomas
- Laurence Exanthus
- Delonta Ball
- Deonta Ball
- Angelina Glover
- Chelsea Harig
- Alexis Speight

Photos on Page 9

June 6th Life Skills Graduation

On June 6th we had a wonderful life skills graduation. Eight graduates moved on to a better life. Roy Nelson opened with very pleasant remarks. He also introduced each speaker.

Jane Walsh was our graduation speaker. She talked about three different stories that had wonderful quotes to use in the future. The first quote was, "If you can imagine it, you can achieve it." the second quote was, "Be the best you can be at whatever you can do." The final quote was, "All I really need to know I learned

in kindergarten."

The certificates were presented by each of the LSTP instructors. The instructors told the audience about how the students achieved their goals in the classroom.

After the certificates were presented, each student received a special gift. This gift held a story. The gift was a turtle. The story behind these turtles is that you can never move on until you stick you head out from under the shell and you can never move on until you stick out you legs so

you can get to the place in life that you would want to go.

After graduation was over, the students and guests enjoyed some refreshments and snacks. Along with that, the students answered surveys. One of the questions on the survey was "What was your favorite part of life skills?". One student said, all of them, while most said cooking and housing. Congratulations to all of the Life Skills Graduates!

Photos on Page 9

"The SGA will still be accepting any donations for the next Yard Sale event."

On June 7th the SGA had a big Yard Sale located in the auditorium. At two o'clock students started to head down to see what the SGA had in store for the Yard Sale.

At least five different tables were set up with

many items the students could buy. The items went from

books the students could read to Christmas decorations.

We were able to sell many items. The SGA will still be accepting donations for

the next Yard Sale event.

The SGA would like to thank all students who volunteered to help set the Yard Sale up before it began. We would also like to thank all who came and participated in this event.

The SGA is planning to have another yard sale sometime soon for anyone interested.



Live Concert With Wade Sampson

On June 11th the students went to the auditorium for some entertainment. They got to enjoy music played by Wade Sampson.

Wade Sampson played songs from different bands while he was also playing his acoustic guitar. The songs he played ranged from Bob Dylan to Kiss.

Many students came out to see and hear Wade

Sampson perform his wonderful music. As he performed, the audience felt very moved.

After each song, the audience gave him a big round of applause.

Wade Sampson used to be a musician before he came to WWRC. Since his accident, Wade has not played in over three years.

When the SGA heard we had a singer on campus,

they encouraged him to give singing another chance and perform to WWRC students.

Wade Sampson has come so far from his past and we are very happy for him.

Great Job at the Concert Wade!

Photos on Page 10





June 6th Life skills Graduation Photos

Graduates:

Delonta Ball
Deonta Ball
Laurence Exanthus
Angelina Glover
Chelsea Harig
Denise Lenoir
Britney Thomas
Alexis Speight





Live Concert With Wade Sampson Photos





Reverse Gender Beauty Pageant

On June 12th many students came out to see the pageant. We had fourteen contestants. Each contestant dressed his or her best to look like the opposite gender.

As each contestant's name was called, music played in the background. They each had to walk out on stage just like a model would.

After they walked across the stage, the next thing they did was a question and answer. The first one was a serious question which was "If

you could change anything about WWRC, what would it be?". The second question was a non-serious question which was "If you could have any event at WWRC, what would it be?".

At the end of the pageant all the contestants came out onto the stage. While they were on stage, the judges had time to judge their appearance as well as their answers to the questions.

The final task was to announce the winners. We had

three winners for each gender.

Boys:

3rd- Randy Liesman

2nd- Milkshake

1st- Tremaine Rollins

Girls:

3rd- Shanelle

2nd- Denise

1st- ML Ramey

Congratulations Everyone!

Photos on Page 12



Lake Cookout

On June 18th the students enjoyed going to the lake for a wonderful time during the cookout. There was music playing, people fishing, walking the trails, and even students out on boats.

As students drove their cars down to the lake, you could hear music in the background. Food was being cooked over the grill and

you could smell the burgers and hotdogs.

Some students decided to go to the docks and fish while others decided to walk the newly built trail. A few students hung out near the exercise equipment chatting with their friends.

Later on during the cookout, staff opened up

the boat shed. Students were able to ride a paddle boat, row boat, or a John boat. A lot of students came to this activity.

Over all, the Lake cookout was a huge success. Everyone enjoyed the event, filling themselves up with food, and just hanging out with all of their friends.

Photos on page 13

"There was music playing, people fishing, walking the trails, and even students out on boats."

IRS Tax Results

VDIP (Virginia Disability IRS Partnership) is a collaborative effort between the IRS and the Virginia Disability Program Navigator (DPN) team in the formation of a statewide partnership to educate taxpayers with disabilities on available tax credits, deductions and free tax help.

The VDIP was formed in order to increase awareness of the IRS SPEC Disability Initiative and disseminate information at the state

and local levels to integrate persons with disabilities into existing services.

Some WIB areas have local EITC (Earned Income Tax Credit) Coalitions and DPNs got involved with them to increase participation from people with disabilities.

These Coalitions are community and faith-based organizations that provide free tax return assistance, financial literacy programs and asset building programs for individu-

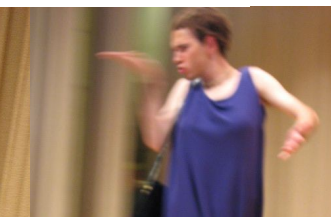
als who are low income, elderly, non-English speaking and or have a disability.

The significant increase was due to DPN involvement in local EITC coalitions, Navigator Newsletters, the distribution of publications and information about free tax assistance locations to work-force centers, community and disability agencies & getting the word out at the state level.

"In 2008 more than 7,500 people with disabilities were provided tax return assistance statewide through AARP and Voluntary Income Tax Agencies."



Reverse Gender Beauty Pageant Photos





Lake Cookout Photos





July 2008 SGA Calendar

MON	TUES	WED	THUR
	1	2 Dorm Mtg @ 6:30p SGA Mtg @ 5:45p	3 Activities Mtg @ 7p Ambassador Mtg @ 9p
7 Meet & Greet @ 4p	8	9 Dorm Mtg @ 6:30p SGA Mtg @ 5:45p	10 Activities Mtg @ 7p Ambassador Mtg @ 9p
14 Meet & Greet @ 4p	15 Wheelchair Mtg @ 7	16 Dorm Mtg @ 6:30p SGA Mtg @ 5:45p Dinning Hall Mtg @ 6:30	17 Activities Mtg @ 7p Nature Trail Mtg @ 7p Ambassador Mtg @ 9p
21 Meet & Greet @ 4p	22	23 Dorm Mtg @ 6:30p SGA Mtg @ 5:45p Day Student Mtg @ 11:30	24 Activities Mtg @ 7p Ambassador Mtg @ 9p
28 Meet & Greet @ 4p	29	30 Dorm Mtg @ 6:30p SGA Mtg @ 5:45p	31 Activities Mtg @ 7p Ambassador Mtg @ 9p



July 2008 Activities Calendar

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Softball Game @ 6 & 7	2	3	4 4th of July Hull's Drive-In @ 6:15 (\$5)	5
6 W'boro Pool @ 5:30 (\$1) Karaoke @ 8	7	8 Softball Game @ 6	9	10 Softball Game @ 7	11 C'ville Friday's after five @ 5:45	12
13 Summer Extrava- ganza (Optional \$ for food) @ 5:30	14	15 SGA Car Wash (contact SGA for details) @ 5:45	16 W'boro Gen- erals Vs. Staunton Braves minor league base- ball (free) @ 6:45	17	18 Leap @ 6:30 a.m. C'ville mall @ 5:45 (\$9 if you want to see a movie)	19
20 Karaoke @ 8	21	22 Fishing tournament sponsored by SGA @ 6:00	23 "Woodrow Idol" Sponsored by SGA	24	25 Trip to Grand Caverns (\$10 per person) @ 5:30	26
27 W'boro Pool (cost \$1) Karaoke @ 8	28	29	30 Summer Games @ 6	31	1	2



New Snack Bar Hours for the SUMMER

Sunday to Friday
OPEN AT 4 PM
GRILL CLOSSES @ 8
DOORS CLOSE AT 8:30PM

SATURDAY
11:00 TO 3:00 PM

**no smoking
during
building
evacuations**

Wheelchair Wash



On June 23rd youth members from the Tinkling Spring Presbyterian Church came to WWRC to wash students' wheelchairs. This event took place on the basketball courts. Wheelchair users were able to sit

back and relax while watching their wheelchairs get a nice scrub. The Youth members took each wheelchair fully apart in order to get every



inch of the wheelchairs clean. We would like to thank Tinkling Spring Presbyterian Church for their wonderful time helping out our students.

Photos on page 18

Thanks to all involved!

⇒ **OT/PT Staff**
Planted a bed of flowers and Crab apple trees
⇒ **Nursing Staff**
Planted a flower bed on the bank-off of the Island
⇒ **Food Service**
Planted a garden off the trail in wooded section
⇒ **Vickie, Tesi, and Robyn Jarvis**
Planted Pine Trees, Ferns, Foamflowers, and more
⇒ **Physical Plant Staff**
Assisted in landscaping, tilling, and mulching and watering the plants

Star Trail Grand Opening

On June 24th many students headed down to the Star Trail Grand Opening. The Star Trail has been renovated so that anyone can use it.

Before the Ribbon cutting ceremony speeches were made. These included thanking all of the people involved in making the trail possible and also to show appreciation for the hard work.

Following the ribbon-cutting ceremony, all who came were invited to take an enjoy-

able stroll along the STAR Trail. Everyone had a wonderful time looking at all the new improvements.

To increase physical activity a "Be A STAR Walk and Roll" Challenge has been started. Light healthy refreshments were served along the trail. The STAR (Supporting Therapeutic Access to Recreation) Trail is an accessible finely crushed and packed stone trail which will be open to pedestrians, joggers and wheelchair

users. The half-mile trail enters a pine forest above the picnic shelter and crosses the lake onto a small island. The trail crosses a bridge and loops around the Lake returning to the picnic shelter. Along the way, the Trail features benches, resting areas and pleasant landscaping. A six-station outdoor fitness area, fishing platforms and barbeque pits are located along the Trail also.

Photos on page 19



Wheelchair Wash Photos



Star Trail Grand Opening Photos





Staff Olympics Bed Race Photos





Staff Olympics



On June 18th all the staff gathered near the student health building. Some of the staff got into groups of five to get ready for two types of races. Many students enjoyed seeing their teachers running around. Hot dogs, drinks, and chips were sold to the staff.

The first event was the bed race. Each group gathered at the starting line. One person in each group had to put a helmet on and get into a hospital bed. Once the whistle was blown, they had to run

with the bed around obstacles, going in circles. Toward the end of this race they had to do a Chinese fire drill and run around the bed.

The Second event was the boardwalk competition. Each group latched themselves onto a rope, like you would when you climb a mountain. The first obstacle they had to encounter was a hula hoop. Each member had to go through the hula hop to continue on. Then there were poles that the rope was wrapped around. Each staff member had to

follow the rope in order to move on and the staff had some trouble. They got tangled in the rope. There was a balance beam laid out that they also had to go on.

Once all five staff members reached the end of the rope they could unhook themselves. In order to get to the finish line they had to go on the board walk. Each team had to work together to lift one side of the board at a time to the finish line.

Photos on page 21 & 22

Symptoms may include:

- **Fatigue**
- **Irritability**
- **Headache**
- **Faintness**
- **Weak, Rapid pulse**
- **Shallow breathing**
- **Cold, clammy skin**
- **Extreme sweating**

Heat Exhaustion

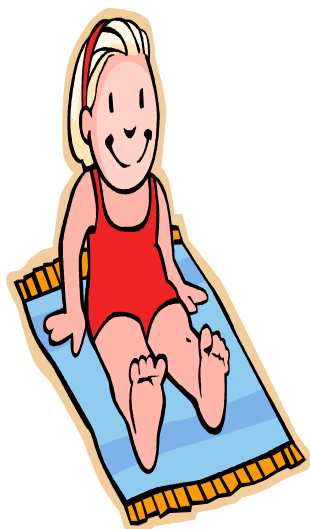
If the victim suffers from heat exhaustion, which is also known as heat prostration, instruct the victim to lie down in a cool, shaded area or an air-conditioned room. Make sure the victim ele-



vates their feet while lying down. Massage the legs towards the heart. If the victim is conscious give cool water or solution containing electrolytes every 15 minutes. Continue forcing fluids until

the victim feels better. Use caution when allowing the victim to sit for the first time after suffering from heat exhaustion.

Source: Emergency Preparedness Guide



Sun Burn

First Degree Burn

Redness or discoloration of skin surface with mild swelling and mild pain.

Second Degree Burn

Deep burn with mottled, red appearance. Blisters are present and there is a lot of pain and swelling. The surface of the skin appears wet.

It is important to rapidly cool the victim. You may do so by applying cool, damp cloths or immersing the victim in cool water. Remember to immerse the victim in cold water.

Source: Emergency Preparedness Guide



Staff Olympics Relay Photos





Top 5 Things to Consider When Looking for a Job

RELATIONSHIP WITH MANAGERS AND SUBORDINATES

How employees & their managers get along is one of the strongest retention drivers

WORK AND LIFE BALANCE

Location/Commute, travel and amount of work

WHAT KIND OF WORK DO YOU LIKE?

Little supervision or detailed assignments

VALUES OF THE COMPANY

Leaders of the company—what type of industry do you want to work for?

FINANACIAL CONSIDERATIONS

Base pay—incentive pay—total compensation

Source:

www.careerbuilder.com

“Most employers will say the hard part about hiring is not getting the employee to show up the first day but having life skills to cope with coming to work everyday and on time.”

Now that you have a job, how do you keep it?

Most people think they have it made when they get that call and the employer says “You are hired.” Finally we get that job we have been waiting for and can’t wait to start. Most employers will say the hard part about hiring is not getting the employee to show up the first day but having life skills to cope with coming to work everyday and

on time. Employers call this retention of your work pool. Here are some basic life skills thoughts to hopefully help you keep that job.

- Do you have a back-up plan if your transportation falls through?
- If you have children and schools let out early—where will the kids go?
- Have you reviewed your employer handbook? Not

knowing is not an excuse.

- Are you a team player and know how to communicate with your co-workers effectively.

- Do you report your absences in a timely manner?

MEET AND EXCEED YOUR EMPLOYER’S EXPECTATIONS!

Source: VEC Newsletter

DID YOU KNOW

-- that in addition to the American's With Disabilities Act that there is also a Virginians with Disability Act? Please review the information below. All of the DSAs are specifically covered in the Act.

Executive Directive 8 – Annual Report

On October 23, 2007 the Department of Rehabilitative Services hosted an awards luncheon to honor employers who are doing an exemplary job of hiring people with disabilities.

The highlight of the event came when it was announced that Governor Timothy M. Kaine signed Executive Directive #8 to

encourage the hiring of more people with disabilities in state government. This Executive Directive included the requirement for an Annual Report for the Secretary of Administration to determine how agencies are meeting responsibilities in this area.

The Human Resource office is in the process of completing that sur-

vey for the disability services agencies. Regular training of all employees on the various Federal and State disability laws and mandates is a component of this survey.

Maryann Belcher
HR Director



1943: WWII casualties bring Army hospital to Fishersville

Robert G. Slawson, M.D., of Wintergreen, suggested recently that General "Stonewall" Jackson's death after Chancellorsville in May 1863 may have resulted from broken ribs he received from a fall off a stretcher and complications from pneumonia, despite wounds to his right hand and left arm.

Even then, appropriate medical attention and rehabilitation for war casualties preserved lives. The Virginia School for the Deaf and Blind (ca. 1839) in Staunton served as a Confederate hospital during the Civil War.

Between 1943-46, Woodrow Wilson General Hospital, an army hospital for World War II casualties, operated in Fishersville. The C&O Railroad facilities in Fishersville received wounded soldiers transported to this site for medical treatment. After the war, the 58 buildings and 223-acre site were declared surplus property by the U.S. Government. The site, transferred to Virginia, was divided between the state and Augusta County. The Woodrow Wilson Technical School (now Woodrow Wilson Rehabilitation Center) opened in November 1947, occupied several buildings of the former army hospital and used medical equipment declared surplus. By June 1958, the mission of the technical school was expanded to include com-

prehensive physical and vocational rehabilitation for people with disabilities. Woodrow Wilson Rehabilitation Center was rebuilt during the 1970s with new dormitories, independent living skills training cottages, a rehabilitation wing, training classrooms, a chapel and recreational areas.

Current renovations to the medical building (40-bed capacity) are expected to be completed by Spring 2009. By that date, the center expects a stream of new clients (war veterans) from the war in Iraq.

The center employs 300 people, regularly serves about 260 clients and has served more than 70,000 persons with disabilities since 1947. The rehabilitation center serves a population with a wide variety of physical problems, including brain injuries, spinal cord injuries and disabling strokes which affect memory, speech and movement. The center assists clients to develop needed skills in a secure environment. Training programs vary in length from days to weeks to months. Each year, 1,100 people are vocationally evaluated for training in health care, electrical-mechanical, construction, service-related work and business. About 74 percent of persons with disabilities who complete training are employed.

The center provides essen-

tial equipment to clients upon departure. These include devices to assist clients with remembering, communication and hearing aids.

Augusta County located its school board offices, classrooms and maintenance to the site after World War II and occupied other buildings of the former army hospital. Wilson Memorial High School, Wilson Elementary School and the Valley Vocational-Technical Center operated from this site.

More recently, Augusta County Public Schools have constructed on this site a high school, a middle school, an elementary school, a vocational-technical school and a Governor's School for Science and Technology.

In the late 1940s, Augusta County operated a public cannery in a building on-site. Families canned vegetables which were grown in their "victory gardens" after World War II.

The Red Cross conducted summer swimming classes for Augusta County and Waynesboro youth on this site during the late 1940s and early 1950s, before the War Memorial Swimming Pool was constructed at Ridgeview Park in Waynesboro.

K.W. Stanley is a Waynesboro resident, historian and TNV correspondent. Contact him at knstanle@yahoo.com.



"Between 1943-46, Woodrow Wilson General Hospital, an army hospital for World War II casualties, operated in Fishersville."

Source: The News Virginian (Waynesboro Newspaper)



Venomous Snakes at WWRC

Do Not

- DO NOT allow the person to become over-exerted. If necessary, carry the person to safety.
- DO NOT apply a tourniquet.
- DO NOT apply cold compresses to a snake bite.
- DO NOT cut into a snake bite with a knife or razor.
- DO NOT try to suction the venom by mouth.
- DO NOT give the person stimulants or pain medications unless instructed to do so by a doctor.
- DO NOT give the person anything by mouth, except water
- DO NOT raise the site of the bite above the level of the person's heart.

“Virginia has 3 native venomous snakes:

Northern Copperhead (found statewide), Timber Rattlesnake (most of the state, including our area), Eastern Cottonmouth (eastern part of the state, not found in our area).”

With beautiful weather upon us and the STAR trail soon to open, our chances of encountering snakes increase. Please take extra precaution to watch where you step as you're out enjoying the trail. The attached pictures, website and first aid information will help answer any questions you may have concerning venomous and non-venomous snakes in our area. (note the yellow tails on the juvenile copperheads)

**Chip Stratton
Safety and Emergency Preparedness Manager
Office of Management Support
Ph. 540-332-7163
Fx. 540-332-7997**

About 8,000 people are bitten by venomous snakes a year in the US, 5-10 people die. In contrast, 15,000 to 20,000 die every year from the side effects of aspirin. Venomous snake bites are medical emergencies, and they can be deadly if not treated quickly. However, the chances of being envenomated are extremely low. Getting the person to an emergency room as quickly as possible is the very best treatment. If properly treated, many snakebites will not have serious effects.

First Aid

- 1) Get medical help immediately. Call 911. Keep the person calm.
- 2) Mark the place of the bite, and write the time of the bite on the person with a Sharpie.
- 3) Restrict movement, create a loose splint to help restrict movement of the area.
- 4) Keep the affected area below heart level to reduce the flow of venom.
- 5) Remove any rings or constricting items because the affected area may swell.
- 6) Monitor the person's vital signs -- temperature, pulse, rate of breathing and for signs of shock (such as paleness), lay the person flat, raise the feet about a foot, and cover the person with a blanket.
- 7) If swelling occurs, mark the extent of the swelling with a marker, and write the time.
- 8) Apply a bandage, wrapped two to four inches above the bite, to help slow the venom. This should not cut off the flow of blood from a vein or artery - the band should be loose enough to slip a finger under it. Once a pressure bandage has been applied, it should not be removed until the patient has reached a medical professional.



Adult Copperhead



Juvenile Copperhead



Timber Rattle Snake



Interview Do's

- ⇒ Dress appropriately for the industry; on the side of being conservative to show you take the interview seriously. Your personal grooming and cleanliness should be impeccable.
- ⇒ Know the exact time and location of your interview; know how long it takes to get there, park, find a rest room to freshen up, etc.
- ⇒ Arrive early; 10 minutes prior to the interview start time.
- ⇒ Treat other people you encounter with courtesy and respect. Their opinions of you might be solicited during hiring decisions.
- ⇒ Offer a firm handshake, make eye contact, and have a friendly expression when you are greeted by your interviewer.
- ⇒ Listen to be sure you understand your interviewer's name and the correct pronunciation.
- ⇒ Even when your interviewer gives you a first and last name, address your interviewer by title (Ms., Mr., Dr.) and last name, until invited to do otherwise.
- ⇒ Maintain good eye contact during the interview.
- ⇒ Sit still in your seat; avoid fidgeting and slouching.
- ⇒ Respond to questions and back up your statements about yourself with specific examples whenever possible.
- ⇒ Ask for clarification if you don't understand a question.
- ⇒ Be thorough in your responses, while being concise in your wording.
- ⇒ Be honest and be yourself. Dishonesty gets discovered and is grounds for withdrawing job offers and for firing. You want a good match between yourself and your employer. If you get hired by acting like someone other than yourself, you and your employer will both be unhappy.
- ⇒ Treat the interview seriously and as though you are truly interested in the employer and the opportunity presented.
- ⇒ Exhibit a positive attitude. The interviewer is evaluating you as a potential co-worker. Behave like someone you would want to work with.
- ⇒ Have intelligent questions prepared to ask the interviewer. Having done your research about the employer in advance, ask questions which you did not find answered in your research.
- ⇒ Evaluate the interviewer and the organization he/she represents. An interview is a two-way street. Conduct yourself cordially and respectfully, while thinking critically about the way you are treated and the values and priorities of the organization.
- ⇒ Do expect to be treated appropriately. If you believe you were treated inappropriately or asked questions that were inappropriate or made you uncomfortable, discuss this with a Career Services advisor or the director.
- ⇒ Make sure you understand the employer's next step in the hiring process; Know when and from whom you should expect to hear next.
- ⇒ When the interviewer concludes the interview, offer a firm handshake and make eye contact. Depart gracefully.
- ⇒ After the interview, make notes right away so you don't forget critical details.
- ⇒ Write a thank-you letter to your interviewer promptly.

Interview Don'ts

- ⇒ Don't make excuses. Take responsibility for your decisions and your actions.
- ⇒ Don't make negative comments about previous employers or professors (or others).
- ⇒ Don't falsify application materials or answers to interview questions.
- ⇒ Don't treat the interview casually, as if you are just shopping around or doing the interview for practice. This is an insult to the interviewer and to the organization.
- ⇒ Don't give the impression that you are only interested in an organization because of its geographic location.
- ⇒ Don't give the impression you are only interested in salary; don't ask about salary and benefits issues until the subject is brought up by your interviewer.
- ⇒ Don't act as though you would take any job or are desperate for employment.
- ⇒ Don't make the interviewer guess what type of work you are interested in; it is not the interviewer's job to act as a career advisor to you.
- ⇒ Don't be unprepared for typical interview questions. You may not be asked all of them in every interview, but being unprepared looks foolish.
- ⇒ A job search can be hard work and involve frustrations; don't exhibit frustrations or a negative attitude in an interview.
- ⇒ Don't go to extremes with your posture; don't slouch, and don't sit rigidly on the edge of your chair.
- ⇒ Don't assume that a female interviewer is "Mrs." or "Miss." Address her as "Ms." unless told otherwise. Her marital status is irrelevant to the purpose of the interview.
- ⇒ Don't chew gum or smell like smoke.
- ⇒ Don't allow your cell phone to sound during the interview. (If it does, apologize quickly and ignore it.) Don't take a cell phone call.
- ⇒ Don't take your parents, your pet (an assistance animal is not a pet in this circumstance), spouse, fiancé, friends or enemies to an interview. If you are not grown up and independent enough to attend an interview alone, you're insufficiently grown up and independent for a job. (They can certainly visit your new city, at their own expense, but cannot attend your interview.)



June Graduation Prom



On June 26th the recreation hall decided to put on a graduation prom for the students.

Many people came and danced. Chris and Old School were the DJ's for the night. The music ranged from rap to slow songs the couples could

dance to. Students enjoyed dancing with all their graduating friends for the last time.

Everyone dressed their best for the dance.

Cake and juice was put out as refreshments for the students to enjoy.

As some students chose to dance, others decided to go outside in the nice hot air.

**Congratulations
To all the
June
Graduates!!**



June Officer of the Month

An email was sent out on June 30th to all students and all staff to congratulate Stacy Karicofe the officer of the month.

"The WWRC Police Department is happy to announce that **Officer Stacy Karicofe** has been selected as the

Officer of the Month for June. Congratulations **Stacy!**"

"We would also like to remind staff and clients they are not only invited, but also encouraged to nominate a patrol officer for this Monthly Award."

"We look forward to hearing from you!"

"Thanks!
Linda Weekley
WWRC Police Department"

BIG virus coming

There has been a check on the Norton Anti-Virus, & they're gearing up for this one!

They checked snopes.com, & it's for real!!

Get this message around to your friends ASAP.

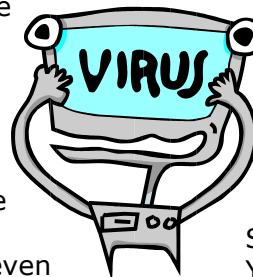
PLEASE, TALK ABOUT THIS WARNING AMONG FRIENDS, FAMILY AND ALL YOUR FAMILY MEMBERS!

You should be alert during the next several weeks.

Do not open any message with an attachment entitled '**POSTCARD**' regardless of who sent it to you. It is a virus, which opens A POSTCARD IMAGE, which '**burns**' the whole hard disc (**C drive**) of

your computer. This virus will be received from someone who has your e-mail address in his or her contact list. This is the reason why you need to send this information to all your friends and family. It is better to receive this message, 25 times, than to receive the virus & open it.

If you receive an e-mail called '**POSTCARD**,' even though sent to you by a friend, **do not open it!** This includes all cards, too. Shut down your computer immediately.!!!



**Always cite your sources
and do your research**

This is the worst virus in recent years, announced by CNN. It's been classified by Microsoft, as the most destructive virus, **EVER!!!**

This virus was discovered by McAfee yesterday, & there is currently no repair, yet, for this kind of virus. This virus simply destroys the Zero Sector of the Hard Disc, where your vital information is kept.

SEND THIS INFORMATION TO YOUR FRIENDS AND FAMILY.

REMEMBER:

IF YOU SEND IT TO THEM, YOU WILL BENEFIT **ALL OF US.**

This is a hoax!

June Graduation Prom Photos





The Hawk's View is always looking for submissions! You can submit either ideas, photos, or completed articles. This is YOUR newspaper. What do you want to see? Just send replies to —newspaper from your WWRC e-mail account. Thank You

Remodeling

Moffitt Paving will be placing a leveling course on Woodrow Wilson Ave. They will begin to work

their way around the whole campus in order to make the roads more user friendly for us.

Thank you for your continued cooperation with our construction efforts.

Parking At Woodrow

Effective June 1 we will be updating all handicap parking signs and removing the sign-age de-noting personalized parking spaces throughout Center lots. If you currently park in a lot that you feel needs additional handi-cap

spaces, please let us know.



lanes by the police. We are trying to keep accessible parking available to those

Please note that you will be ticketed if you park in handicap spaces or areas such as fire

who require it and maintain our fire lanes for every-one's safety!

Chip Stratton
Safety and Emergency Preparedness Manager
Office of Management Support
Ph. 540-332-7163
Fx. 540-332-7997